## EXERCISE GROUP 1 (HC): Flexibility

<table>
<thead>
<tr>
<th>HC1 Assisted Stretch</th>
<th>HC2 Standing Stretch</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="HC1 Assisted Stretch" /></td>
<td><img src="image2.png" alt="HC2 Standing Stretch" /></td>
</tr>
<tr>
<td><strong>HC1. Assisted stretch:</strong> With the knee straight, gently pull the foot toward the face. The child should feel a comfortable stretch in calf. Hold for a count of 30.</td>
<td><strong>HC2. Standing stretch:</strong> Keep the back knee straight with the heel on the floor and the toes pointing forward. Lean into the wall until a stretch is felt in the calf. Hold for a count of 30.</td>
</tr>
<tr>
<td>Check one.</td>
<td>Check one.</td>
</tr>
<tr>
<td>🎉 Beginner 2 times</td>
<td>🎉 Beginner 2 times</td>
</tr>
<tr>
<td>🎉 Intermediate 4 times</td>
<td>🎉 Intermediate 4 times</td>
</tr>
<tr>
<td>🎉 Advanced 6 times</td>
<td>🎉 Advanced 6 times</td>
</tr>
</tbody>
</table>

Fill in the date: ________________

<table>
<thead>
<tr>
<th>HC3 Stair Stretch</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3.png" alt="HC3 Stair Stretch" /></td>
<td></td>
</tr>
<tr>
<td><strong>HC3. Stair stretch:</strong> Stand on a stair or other slightly elevated surface. With the balls of your feet on the step, drop your heels one at a time as far as they can go. Five times for each foot.</td>
<td></td>
</tr>
<tr>
<td>Check one.</td>
<td></td>
</tr>
<tr>
<td>🎉 Beginner 2 sets</td>
<td></td>
</tr>
<tr>
<td>🎉 Intermediate 4 sets</td>
<td></td>
</tr>
<tr>
<td>🎉 Advanced 6 sets</td>
<td></td>
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</tbody>
</table>

Fill in the date: ________________
**EXERCISE GROUP 2 (AS): Ankle Strengthening**

**AS1 Sitting Range of Motion**

- **AS1. Sitting range of motion:** Sit in a chair with your feet on the floor. Lift your toes off the floor and let them back down. Now lift your heel off the floor. Now lift up. Five times for each foot.

  - Check one:
    - Beginner: 2 sets
    - Intermediate: 4 sets
    - Advanced: 6 sets

  Fill in the date: ____________

**AS2 Double Standing Heel/Toe Raises**

- **AS2. Double standing heel/toe raises:** Stand hanging onto the edge of a table or the back of a chair. Lift your heels and rise up onto your toes. Lower. Now lift your toes off the floor. Hold each position for a count of 30.

  - Check one:
    - Beginner: 2 times each position
    - Intermediate: 4 times each position
    - Advanced: 6 times each position

  Fill in the date: ____________

**AS3 Single Leg Standing Toe Raises**

- **AS3. Single leg standing toe raises:** Stand hanging onto the edge of a table or the back of a chair with one foot off the floor. Lift one heel off the floor and rise up onto your toes. Hold for a count of 30. Lower heel.

  - Check one:
    - Beginner: 2 times
    - Intermediate: 4 times
    - Advanced: 6 times

  Fill in the date: ____________
AS4 Two feet stair lift (no hands): Stand on a stair or other slightly elevated surface. With the balls of both feet on the step, drop your heels as far as they can go. Now lift up.

Check one:  
- Beginner 10 times
- Intermediate 20 times
- Advanced 30 times

Fill in the date: ________________

AS5 One foot stair lift (no hands): Stand on a stair or other slightly elevated surface. With the ball of one foot on the step, drop the heel down as far as it will go. Now lift up. Five times for each foot.

Check one:  
- Beginner 2 sets
- Intermediate 4 sets
- Advanced 6 sets

Fill in the date: ________________
### EXERCISE GROUP 3 (Q): Leg Strengthening

<table>
<thead>
<tr>
<th>Q1 Mini Squat</th>
<th>Q2 Stair Climbing</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Mini Squat Image" /></td>
<td><img src="image2.png" alt="Stair Climbing Image" /></td>
</tr>
</tbody>
</table>

**Q1. Mini squat:** Stand at a table with your feet slightly apart. Bend slightly at the knees and hips. Try not to bend your upper body forward. Hold for a count of 5.

- Check one.  
  - Beginner: 2 times  
  - Intermediate: 6 times  
  - Advanced: 10 times

*Fill in the date:* ________________

<table>
<thead>
<tr>
<th>Q3 Ring Lift</th>
<th>Q4 Basket Toss</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3.png" alt="Ring Lift Image" /></td>
<td><img src="image4.png" alt="Basket Toss Image" /></td>
</tr>
</tbody>
</table>

**Q3. Ring lift:** Stand inside of a hula hoop or other large ring. Pick it up and lift it over your head.

- Check one.  
  - Beginner: 2 times  
  - Intermediate: 6 times  
  - Advanced: 10 times

*Fill in the date:* ________________

**Q2. Stair climbing:** Climb up and down steps.

- Check one.  
  - Beginner: 4 steps with handrail  
  - Intermediate: 12 steps with handrail  
  - Advanced: 12 steps alternating with and without handrail

*Fill in the date:* ________________

**Q4. Basket toss:** Pick up a ball off of the floor and toss it in a basket.

- Check one.  
  - Beginner: 2 times  
  - Intermediate: 6 times  
  - Advanced: 10 times

*Fill in the date:* ________________
**Q5 Squat and Play**

Q5. Squat and play: Play with moving toys in a squatting position so you have to walk around on your feet with your knees bent.

Check one.  
- Beginner 2 minutes  
- Intermediate 4 minutes  
- Advanced 6 minutes

Fill in the date: ______________

**Q6 Wall Sit**

Q6. Wall sit: Lean back against the wall and slide down until you are in a sitting position. Hold for a count of 10.

Check one.  
- Beginner 2 times  
- Intermediate 4 times  
- Advanced 6 times

Fill in the date: ______________

**Q7 Squat**

Q7. Squat: Stand with your feet wide apart and hands at side. Bend at the knees and squat down. Try not to bend your upper body forward. Hold for a count of 5.

Check one.  
- Beginner 2 times  
- Intermediate 6 times  
- Advanced 10 times

Fill in the date: ______________

**Q8 Step Ups**

Q8. Step ups: Put one foot on a 7-inch step and push up. Keep the other leg behind you and off the step. Repeat with other leg.

Check one.  
- Beginner 5 times each leg  
- Intermediate 7 times each leg  
- Advanced 10 times each leg

Fill in the date: ______________
### Q9 All 4’s to Stand

- **a.**
- **b.**
- **c.**
- **d.**
- **e.**

**Q9. All 4’s to stand:** Start in an all fours position. Come up to kneeling. Bring one foot forward to push up into standing position.

Check one:  
- Beginner  5 times each leg  
- Intermediate  7 times each leg  
- Advanced  10 times each leg

Fill in the date: ________________

### Q10 Stair Climbing

**Q10. Stair climbing:** Climb up and down steps without rail.

Check one:  
- Beginner  12 steps up and down  
- Intermediate  36 steps up and down  
- Advanced  72 steps up and down

Fill in the date: ________________

### Q11 Side Squat

**Q11. Side squat:** Step to one side in a squat. Return to middle. Repeat to the other side.

Check one:  
- Beginner  2 times each side  
- Intermediate  4 times each side  
- Advanced  8 times each side

Fill in the date: ________________

### Q12 Walking Forward Lunges

**Q12. Walking forward lunges:** As you take a step, move into the lunge position. Do not let your knee go in front of your toe.

Check one:  
- Beginner  6 steps  
- Intermediate  10 steps  
- Advanced  14 steps

Fill in the date: ________________
## EXERCISE GROUP 4 (B): Balance

<table>
<thead>
<tr>
<th>B1 Kick Still Object</th>
<th>B2 Walk On a Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Image of child kicking]</td>
<td>![Image of child standing on a line]</td>
</tr>
<tr>
<td><strong>B1. Kick an object that is standing still:</strong> Kick over an object like a bowling pin or a tall plastic glass. Repeat with other leg.</td>
<td><strong>B2. Walk on a line:</strong> Stand with your arms out to the side. Walk forward on a line or piece of tape on the floor.</td>
</tr>
<tr>
<td>Check one.</td>
<td>Check one.</td>
</tr>
<tr>
<td>Beginner</td>
<td>Beginner</td>
</tr>
<tr>
<td>4 times each side</td>
<td>4 steps each leg</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Intermediate</td>
</tr>
<tr>
<td>6 times each side</td>
<td>6 steps each leg</td>
</tr>
<tr>
<td>Advanced</td>
<td>Advanced</td>
</tr>
<tr>
<td>10 times each side</td>
<td>8 steps each leg</td>
</tr>
</tbody>
</table>

Fill in the date: __________

<table>
<thead>
<tr>
<th>B3 Ball Balance</th>
<th>B4 Kick Moving Object</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Image of child balancing on one foot]</td>
<td>![Image of child kicking a ball]</td>
</tr>
<tr>
<td><strong>B3. Ball balance:</strong> Stand on one foot with your arms at your sides and your other foot on a ball. Hold for a count of 5.</td>
<td><strong>B4. Kick an object that is moving:</strong> Kick an object that is rolled to you, like a ball. Do with one foot and then the other.</td>
</tr>
<tr>
<td>Check one.</td>
<td>Check one.</td>
</tr>
<tr>
<td>Beginner</td>
<td>Beginner</td>
</tr>
<tr>
<td>4 times each leg</td>
<td>4 times each side</td>
</tr>
<tr>
<td>Intermediate</td>
<td>Intermediate</td>
</tr>
<tr>
<td>6 times each leg</td>
<td>6 times each side</td>
</tr>
<tr>
<td>Advanced</td>
<td>Advanced</td>
</tr>
<tr>
<td>8 times each leg</td>
<td>10 times each side</td>
</tr>
</tbody>
</table>

Fill in the date: __________
**B5 One Foot Stand**

**B5. One foot stand:** Stand on one foot with your arms at your sides. Hold for a count of 5.

- Beginner 4 times each leg
- Intermediate 6 times each leg
- Advanced 8 times each leg

Fill in the date: _______________

**B6 High Toe Touch**

**B6. High toe touch:** Stand with your arms out in front of you. Lift your leg and kick the opposite hand. Repeat with other leg.

- Beginner 2 times each side
- Intermediate 4 times each side
- Advanced 8 times each side

Fill in the date: _______________

**B7 Ball Roll**

**B7. Ball roll:** Stand with one foot on a ball. Roll it out to the side and back in front of you.

- Beginner 4 times each leg
- Intermediate 6 times each leg
- Advanced 8 times each leg

Fill in the date: _______________

**B8 Windmills**

**B8. Windmills:** Stand on one foot with arms to sides. Reach down to touch opposite toe. Repeat with other side.

- Beginner 6 times each side
- Intermediate 10 times each side
- Advanced 14 times each side

Fill in the date: _______________
**B9 Bean Bag Kick**

_Bean bag kick_: Kick a bean bag up in the air multiple times. Try not to let it land on the floor.

Check one.  
- Beginner 2 times each leg  
- Intermediate 4 times each leg  
- Advanced 6 times each leg

Fill in the date: ____________

**B10 Pick Up Cotton Balls**

_Pick up cotton balls_: Pick up cotton balls with your toes and put them in a bowl while standing on one foot. Try not to set the “pick up” foot down on the floor. Repeat with other leg.

Check one.  
- Beginner 4 objects each side  
- Intermediate 6 objects each side  
- Advanced 10 objects each side

Fill in the date: ____________

**B11 Obstacle Course**

_Obstacle course_: Set up cans or plastic cups on each side of a line on the floor. As you walk along the line, use one foot to push over the cans. Leave your other foot on the line.

Check one.  
- Beginner 6 steps  
- Intermediate 10 steps  
- Advanced 14 steps

Fill in the date: ____________
**EXERCISE GROUP 5 (GM): General Fitness**

**GM1 Jog In Place**

**Jog in place:** Move feet quickly up and down in place.

Check one.  
- Beginner 15 seconds  
- Intermediate 30 seconds  
- Advanced 45 seconds

Fill in the date: ________________

**GM2 Two Foot Hop**

**Two foot hop:** Hop on two feet.

Check one.  
- Beginner 4 times  
- Intermediate 8 times  
- Advanced 12 times

Fill in the date: ________________

**GM3 Jumping Jacks**

**Jumping jacks:** Start with feet together and arms at sides. Jump with hands into the air and feet apart.

Check one.  
- Beginner 6 times  
- Intermediate 10 times  
- Advanced 14 times

Fill in the date: ________________

**GM4 Jump and Switch**

**Jump and switch:** Stand in place with one foot and the opposite arm forward. Jump and switch so the other leg and arm are forward.

Check one.  
- Beginner 6 jumps  
- Intermediate 10 jumps  
- Advanced 14 jumps

Fill in the date: ________________
GM6. **Hopscotch**: Jump from one foot to two and then to one. Land on two feet.

Check one.  
- Beginner 4 hops  
- Intermediate 8 hops  
- Advanced 16 hops

GM7. **Jump rope**: Jump over rope with both feet at same time.

Check one.  
- Beginner 20 jumps  
- Intermediate 30 jumps  
- Advanced 40 jumps

Fill in the date: ____________  
Fill in the date: ____________